SELF-MEASURED BLOOD PRESSURE LOG

NAME: _____

Date	Time	Arm (circle one)	Systolic / Diastolic	Pulse (HR)	Notes	Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)		
	AM PM	L/R	/			Normal	Less than 120	and	Less than 80		
	AM PM	L/R	/			Elevated	120-129	and	Less than 80		
	AM PM	L/R	/			High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89		
	AM PM AM PM	L / R L / R	/			High Blood Pressure Hypertension Stage 2	140 or Higher	or	90 or Higher		
	AM PM	L/R	/			Hypertensive Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120		
	AM PM	L/R	/			TIPS TO MEASURE YOUR BLOOD PRESSURE AT HOME:					
	AM PM	L/R	/								
	AM PM	L/R	/			Before measuring:					
	AM PM	L/R	/			 Avoid caffeine, smoking, and exercise for 30 minutes prior Wait at least 30 minutes after a meal 					
	AM PM	L/R	/			 Empty your bladder Find a quiet, comfortable place to sit 					
	AM PM	L/R	/			 Position Wrap the cuff on your bare upper arm, positioning it mid-arm so it's level with your heart. Keep your back supported Keep arm supported, palm up, with muscles relaxed 					
	AM PM	L/R	/								
	AM PM	L/R	/								
	AM PM	L/R	/								
	AM PM	L/R	/			Keep feet flat on the floor with legs uncrossed					
	AM PM	L/R	/			 Measure Rest 5 minutes before starting Take 2-3 readings 1 minute apart Relax & stay still during measurements Sit quietly & avoid distractions (no talking, TV, phones) Record readings 					
	AM PM	L/R	/								
	AM PM	L/R	/								
	AM PM	L/R	/								
	AM PM	L/R	/			IMPORTANT IN	FORMATION				
	AM PM	L/R	/			Please call your doctor's office if:					
	AM PM	L/R	/			• Your blood pressure is above	SYS or		& BRIDGE		
	AM PM	L/R	/			Your blood pressure is below					
	AM PM	L/R	/			You have symptoms that conc about your blood pressure	em you or nave a qu	iesuons			

To learn more about the BPT HEaRT program visit bridgeportct.gov/bptheartproject. Follow us on Facebook www.facebook.com/BridgeportHealthDepartment

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	AM PM AM	L/R	/			High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89		
	PM AM PM	L/R L/R	/			High Blood Pressure Hypertension Stage 2	140 or Higher	or	90 or Higher		
	AM PM AM	L/R	/			Hypertensive Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120		
	PM AM	L/R	/								
	PM AM	L/R	/			BLOOD PRESSURE HIGHER THAN 180/120 mm Hg IS A CRISIS. Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately					
	PM AM	L/R	/								
	PM AM	L/R	1			TIPS TO LOWER BLOOD PRESSURE: Maintain a healthy weight. If you are overweight or obese, weight loss will help reduce your blood pressure.					
	PM AM	L/R	/								
	PM AM	L/R	/								
	PM AM	L/R	/								
	PM AM	L / R L / R	/			Eat healthier. Eat lots of fruit, veggies and low-fat dairy and less saturated and total fat. Try the DASH diet! Reduce sodium. Ideally, stay under 1,500 mg a day, but aim for at least a 1,000 mg per day reduction. Get active. Aim for 150 mins per week or aerobic activity, and muscle strengthening 2 or more days a week that work all major muscle groups. Monitor and log your blood pressure regularly. A noticeable change					
	PM AM		/								
	PM AM	L/R L/R	/								
	PM AM	L/R	/								
	PM AM	L/R	/								
	PM AM PM	L/R	/								
	AM PM	L/R	/				nt a conversation wi				
	AM	L / R	/				rath 20x P	a aus			
	AM PM	L / R	/			~					
	AM PM	L/R	/								
	AM	L/R	/				旦 感激				
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